



Institute for
Advancements in
Mental Health

2021/2022 IMPACT REPORT

Better Solutions for Better Mental Health



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Who We Are

The Institute for Advancements in Mental Health actively works towards our mission of redesigning society for better mental health.

We are a connector, collaborator, thought leader and solution-driven organization, supporting, innovating and driving change for better mental health.

At IAM, we believe that the future of mental health care begins with collaboration. In-house, we design and deliver programs **with** and **for** the people we serve; to **provide care, navigate the mental health care system, develop solutions and deliver positive change** to improve lives.

Our unique, first-of-its-kind community-based mental health innovation platform is a designated space for mental health innovation entrenched within a mental health service organization.

We find better ways of working in mental health – focusing on finding solutions that will work today and can grow to be effective for tomorrow.

Our Vision and Mission

Driven by a vision of redesigning society for better mental health, IAM was inspired by four decades of serving people with complex mental illness and building a specialized understanding of their needs. Creating environments that are more inclusive, positive and accepting for people with mental illness is central to our work and our services.

What We Believe In

Impact

We listen to what people need so that together, we can deliver real solutions for real lives.

Integrity

We work for better mental health with unwavering candor, compassion, and respect, always.

Innovation

We find better ways of working in mental health – focusing on finding solutions that will work today and can grow to be effective for tomorrow.

Partnership

We believe that we are better together, not alone.

I've been without a psychiatrist for years. I've done a few intakes but no one got back to me, except IAM. Everyone said my case was too complex.

– IAM Client

A Message from our Board Chair and CEO



The past year has been filled with new experiences and challenges for all of us. The ever-changing landscape that we have been faced with highlights why now, more than ever, we need innovative, progressive and most important, **better solutions for better mental health.**

That's why IAM has dedicated another year focused on working towards an inclusive society providing direct, accessible services and supports. We continue to advocate for better mental health services in a time where access to support is becoming increasingly scarce.

More Canadians than ever are experiencing mental health challenges. Recent [studies](#) have shown that **54%** of Canadians have reported their mental health worsening in the past two years. The first touchpoint for many seeking support, we continue to see an increase in the complexity of cases and more repeat and referred clients to our one-to-one counselling line and support groups. From intake to recovery – with or without a diagnosis – IAM is here for everyone.

Things have changed. And we're not getting stuck behind.

At IAM, we have our sights set on a more inclusive society. We've listened to our communities and what they need to ensure they have the right tools to thrive. The past year our programs team continued to evolve their practices. We know each individual has unique experiences and needs that are vital to consider for providing proper, comprehensive support. As we've grown to support a broader spectrum of mental health challenges, continuing to serve individuals impacted by schizophrenia and psychosis and their caregivers, remains at the heart of what we do.

Continuing another year of offering virtual support, we've seen a **72%** increase in attendance at our virtual education events; participants range from individuals living with a mental illness to their caregivers to mental health professionals. These events provide coping strategies and help our work to end stigma.

To achieve our vision of redesigning society for better mental health, we've focused on expanding our reach – helping individuals from across the country as we worked towards national incorporation. We're focused on fostering innovative ideas – such as our Your Toolkit project and Mental Health Innovation Prize – connecting people with supports that are effective and available in their communities.

IAM continues to be a hub for fostering innovative mental health solutions. In 2021/2022, we have grown over **a dozen research and innovation partnerships** in aim of working towards a stronger future – supporting the growth and development of new solutions to help improve the quality of life for thousands.

We are thankful for the incredible generosity of our individual and family donors so we can continue to be an accessible, open and dynamic mental health support option. To our clients and caregivers, we are fortunate to be a part of your community, allowing us to continually learn. We are also very thankful to our corporate, foundation and government partners for their dedication to our cause.

We would like to thank our board of directors for their diligent work; their expertise and guidance allows IAM to effectively develop solutions to meet the mental health needs of many. They were instrumental as we moved towards national incorporation and supported the development of our brand guidelines – the building blocks of our visual identity and impactful communications.

We also owe a big thank you to our staff for their unwavering dedication, flexibility and desire to constantly evolve. Our team has adapted seamlessly to our new normal, supporting the upward growth of IAM's ability to nurture, develop and offer solutions to individuals impacted by mental illness. Their drive to help others succeed and create a more inclusive society is immeasurable.

At IAM, we are diligently working towards another year of providing and improving mental health support services – and this year we're extending our reach nationally. We are proud to look back at our year of growth and resilience. Though we have experienced incredible change, our values and mission remain the same: Being a strong and tireless voice for those we serve to build an inclusive society free from stigma – creating better solutions for better mental health.



Chris Damaren
Board Chair

Chris Damaren



Mary Alberti
CEO

Mary Alberti

2021/2022

A Snapshot

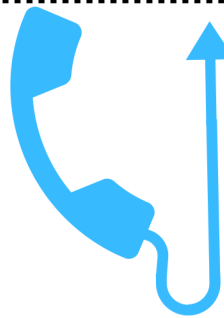
3600

people were served through our **support services**, including our **educational presentations** and **community events**.

- *Mental Health in the Black Community*
- *Employment as Part of the Recovery Journey*
- *Supporting a Sibling who Lives with Psychosis*
- *Engaging with Hard-to-Reach Clients (for frontline workers)*
- *Financial Planning (caregiver education session)*

9500

page views on our online **Medication Resource Centre** that provides information on antipsychotic and other mental health medications available in Ontario.



11%

 increase in the number of people served through our **support line!**

Effecting change with our team of

15

dedicated IAM employees!

Our website saw

9500+

new users!

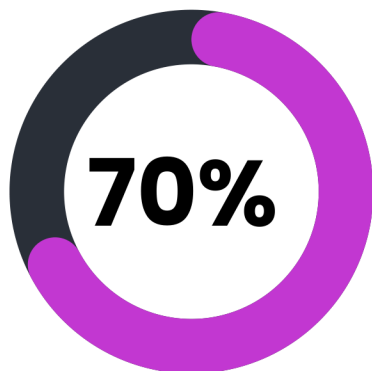
An **8% increase** of new individuals visiting our website for more information on how they can be supported.



5800+

individuals reached

through our **social media posts** supporting our communities with **useful skills, tips and education**.



of the individuals who turned to IAM for support identified as **caregivers** – making up the

LARGEST

number of people we serve.



2021 / 2022

A Snapshot

Awarded **25** students living with or impacted by mental illness with **\$43,000** in scholarships to pursue their education.



A **15.7%** increase in scholarship funds compared to last year.



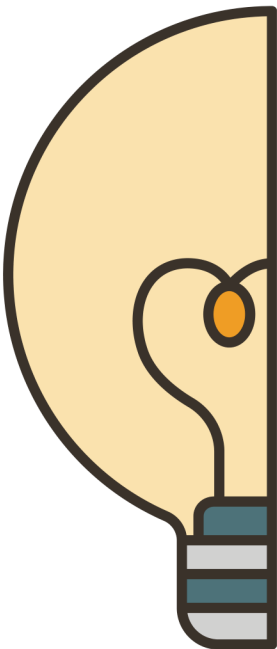
Developed **2 submissions** to the Canadian Agency for Drugs and Technologies in Health Reimbursement Review, advocating for accessible treatments.



Nominated **2 researchers** –

including one of the winners of IAM's first-ever Mental Health Innovation Prize – to showcase their work at upcoming Research Canada events.

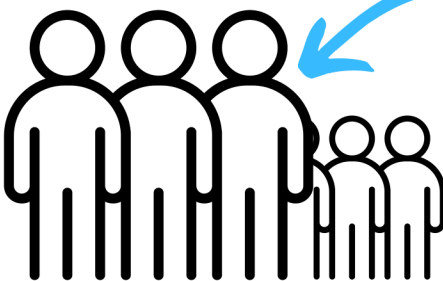
Grew new and existing **innovation, research and community** initiatives:



- **6** research partnerships
- **5** innovation partnerships
- Supported **2** community coalitions
- **8** program delivery and community education partnerships

25% increase in Canadian influencers sharing IAM's message across the country!

GIVING TUESDAY



Over **60%** of our funding comes from **community supports** such as direct donations and corporate, foundation and other agency support.

Better Solutions for Better Mental Health

As a community we have faced new beginnings, new discoveries and new challenges such as heightened anxiety, relapse, caregiver burnout and substance-related issues – through the gradual return to many activities and environments limited by the past two years. Despite returning to a new normal, the mental health challenges faced by many still persist.

As the demands of our new reality increase, IAM continues to provide support and adapt our services, through:

- **One-to-one support**
- **Family education groups**
- **Cognitive Behavioural Therapy for Psychosis-informed (CBT-p) workshops**

IAM has seen an increase in the severity and complexity of cases within the past year. These include individuals with multiple concerns, such as mental health and substance-use disorders, trauma and brain injury and/or resistance to treatment with a higher risk factor – meaning they face multiple issues and are more impulsive. As the complexity of these cases increases, so does the time spent by our counsellors to provide support. Our counsellors are staying with clients longer to ensure they get the critical support they need.



I want to thank you for the great session, 'Employment as part of the Recovery Journey'. My loved one is making some positive progress with putting aside the delusions she's having long enough to carry on with her daily life and putting things in place for her health and general well-being. I'm so thankful for your organization and your virtual courses have been extremely helpful for me and my family this year! Many, many, thanks.

– IAM Client and Supporter

We have made a number of changes this year as a result of what we witnessed and learned over the last while, including:

- Shifting our programs and services to both virtual and in-person options.
- Developing new programs and services to address pandemic-related stress and anxiety, including:
 - Extended hours for our one-to-one counselling line to provide support to anyone experiencing mental health challenges,
 - Increasing the number of our webinars that cover practical skills to assist with the stress of the pandemic, including *Financial Planning and Employment as Part of the Recovery Journey*, and;
 - Expanding our online Medication Resource Centre with up-to-date information, including the impact of COVID-19 on accessing medication.

Due to the unprecedented and unpredictable ups and downs of the past year, more people than ever are reaching out for one-to-one counselling support. **Our support line has seen an 11% increase compared to 2020/2021.**





#IAMishereforyou. At IAM, we are here to offer our services to anyone who needs support for a mental health challenge – with or without a diagnosis. In the past year alone, IAM has supported a diverse array of cases, including:

- Untreated psychosis
- Individuals with multiple diagnoses
- Caregivers fraught with frustration
- Clients facing legal issues
- Individuals resisting treatment
- Dysfunctional family relationships
- Self-harm and suicidal ideation
- Caregiver mental health

We've grown to support a broader spectrum of mental health challenges (including bipolar disorder, substance-related challenges, anxiety, depression and suicidal thinking) in light of an increase in unmet needs, and demand for support. We continue to tirelessly serve those impacted by schizophrenia and psychosis and their support circles.

Managing Pressing Needs in 2021/2022:

- Over **2383** individuals were reached by IAM's **support line in the past year alone**.
- **70%** of individuals served by IAM identified as family members or **caregivers** – who now make up the largest number of people we serve.
- Due to the diligent work of our counsellors, **our waitlist for support has been cleared** – drastically reducing the two-week waiting period.
- Our staff has dedicated **over 600 hours** to our support line – averaging about 106 hours per staff – supporting individuals in their mental health journey.
- We are maintaining our focus on the person – **not the diagnosis** – tailoring our supports to what each individual needs.
- We have seen an increase in the number of individuals **looking for support** with coping skills, symptom management, anxiety and recovery.



Central to our mission is creating a **more inclusive society**. Supporting each individual who turns to us is critical. Helping resolve the challenges many face impacts all of us – from the individual to their support circle to society as a whole.

At IAM, we evolve. With new, more complex challenges, our team readily and steadily adapts, reviewing our programs and services – updating them to better serve people's needs today and into the future. We do this by listening intently to people's feedback, effectively conducting intake and progress assessments and offering client program evaluations – all with one goal in mind: Delivering timely, effective and accessible services based on each person's unique needs.

*I am so happy to have found IAM. It took me 10 years in the system to **find the solutions that work for me.***

- IAM Caregiver



Building a Brighter Future

The world is changing – and so are we. In the past year, we've taken another look at our programs and have begun making significant changes. As we see daily life challenges and post-pandemic re-opening anxiety and depression rapidly becoming widespread, we have set our sights on redeveloping our programs to better support people adjusting to a new way of living. A new version of our Recovery in Action (RIA) program will be set to run in September 2022 – teaching skills and information to better support mood-strengthening together with providing supports for psychosis-related challenges.

Receiving effective support is important – but being able to **access it is vital**. That's why we're working to not only develop better solutions, but more cost-effective solutions – setting our sights on lower fees as well as innovative ways to deliver our programs and expand their reach in the future.

Programs like ours are essential to maintaining a healthy society that allow others to flourish. We believe in our programs and we see the outcomes – that they do make a difference. We will continue being accessible to our clients, offering timely services with practical information, constantly reviewing them and asking for feedback.

What is Strengthening Families Together (SFT)?

SFT is IAM's four-session family education group, developed specifically for caregivers providing support to an individual living with a mental health challenge.

What is Recovery in Action (RIA)?

RIA is IAM's seven-week, CBT-p-informed group program for individuals. It was developed to build skills and provide individuals with the support they need to personalize and navigate their recovery.

What is Cognitive Behavioural Therapy (CBT) for Caregivers?

CBT for Caregivers is a workshop designed to provide practical tools aimed to reduce feelings of anxiety and depression in caregivers, build greater resilience and increase their capacity to promote the recovery journey of the person they are caring for.

IAM Working Together

We believe a more inclusive, brighter future is possible – but it cannot be done alone. **We must work together.**

At IAM, we innovate with a focus on returning solutions back to communities through supporting partnerships and collaborations.

SUPPORTING INNOVATION



Nifty

Nifty will be an **e-directory of mental health services** from therapists and digital apps to family doctors, placed into **one nifty online hub** – free to the public. Individuals, caregivers and service providers will be able to find the best resources tailored to a person's unique needs.

Pay What You Can Peer Support



Pay What You Can Peer Support is **focused on accessibility, affordability** and creating a sense of community through their **over 25 virtual support groups** moderated by a variety of mental health professionals. Based on the foundation of accessible mental health, there are no high costs, operating on a pay-what-you-can basis at the end of the session.

Figment



Figment fuses art and robotics; it's an **online digital pet companion** that provides quiet, undemanding company, ambience and comfort. Figment is a virtual, evolving 3D scene and it includes characters driven by Artificial Intelligence (AI) and swarm robotics; interaction is meant to be intuitive and seamless.

ConnectingMINDS



ConnectingMINDS was developed to **facilitate timely access to treatment and support** for people experiencing psychosis. It works by providing caregivers with online tools and resources to navigate the mental health and social services systems on behalf of the individual experiencing psychosis while also supporting themselves.

Mental Health Innovation Prize



The Mental Health Innovation Prize is the first-ever, Canada-wide prize challenge focused on **finding and supporting ground-breaking solutions** for long-standing mental health issues. For the second Prize, IAM is teaming up with Mental Health Research Canada and Brain Canada Foundation, asking the important question: *How can we use the technological advancements of AI to better create solutions and interventions to mental health challenges to help combat the growing mental health crisis?*

Redesigning Society Together

IAM in the psychosis space: 1 active membership; 8 program delivery and community education partnerships



We have continued our partnership with the **Early Psychosis Intervention Ontario Network** and the Phoenix program to help **support community education**.

IAM has partnered with **Scadding Court Community Centre** to **deliver CBT-informed training to frontline staff**. This training aims to increase staff's skillset and abilities to respond more effectively to clients who may be living with mental health challenges or are otherwise hard to engage.

Working with **YMCA-YCAP**, IAM is **supporting their Community Involvement event**, contributing our expertise in mental health and mental illness. Partnering since February 2022, the upcoming event this October will be held for Toronto Catholic District School Board students to increase their mental health literacy.

Working with IAM is a win-win for all of us. Your programs are developed based on the needs of your clients, which you know better than anyone. Further, having your presence on a project like this provides us with more immediate credibility and connection with the community, as IAM has a greater focus on overall mental health and wellness, while our program puts priority on substance use awareness. The marriage of the two is proactive and one I'm very eager to see!

- Steve Keller, YMCA-YCAP Presenter



IAM will continue being a leader in fostering and nurturing partnerships in the mental health space, as we anticipate our future participation in **the Mood Disorders Society of Canada's Community Mental Health Roundtable**, supporting the development of a Pan-Canadian Community Mental Health Network report; continuing to **offer student practicums for user experience (UX) design programs at Humber College** and providing ongoing support and consultation to innovative projects in the mental health space.

At IAM, supporting people living with mental illness and driving change for better mental health is at the centre of what we do. IAM CEO, Mary Alberti, continues to further our mission through her participation on **Rare Beauty's Mental Health Council** for a second year as the only Canadian representative.



Sharing mental health resources and creating a welcoming space for conversation is deeply important to IAM, and we are thrilled to share these commitments with Rare Beauty and Selena Gomez.

In 2021 and into 2022, IAM continued our partnership with **Federated Health Charities** as the only mental health charity. Federated Health Charities is a workplace charitable campaign that allows members of the Ontario Public Service to support health charities through payroll deductions, donations and special events. As a part of the initiative, we received **over \$77,000** in 2021! As part of the campaign, **IAM participated in five speaking events to address stigma**, including:

- Ontario Ministry of Health
- Alcohol and Gaming Commission of Ontario
- Ontario Ministry of Government and Consumer Services
- Ontario Public Safety Division

IAM speakers bureau members, Samantha Mercanti and Chelsea Meldrum, shared their stories of resilience and lessons learned as individuals impacted by mental illness.



As we immerse deeper into our new identity, we hone our focus in on our prominence as a collaborative community leader.


In the coming year, we will be developing and launching IAM's partnership and engagement strategy, national in scope and focused on value-based collaborations and stronger UX design – to help ensure that the partnerships we form are meaningful, long-lasting and impactful.



Fundraisers and Events

At IAM, it is because of our community and donors that we continue to make waves by creating a more inclusive society through our advocacy, programs, innovation and partnerships. It is only with the support of our donors that IAM can continue to be an even louder voice in the mental health community.

Our donors are vital to the sustainability of our programs and services. Support from our funders is rooted in a deep understanding of how important community-led mental health services and solutions are to a person's recovery and their support circle.



*Living with a mental illness/mental health challenge is **not a 'problem' to be solved** but a situation which must be managed and coped with. Nobody does this well alone – not the person or the family and friends who love them. **IAM's family support groups, the research and information** they provide and **their advocacy for improvements** in care and services have **played a key role in our family's coping**, for which we are very grateful.*

- IAM Supporter



Hole Out for Hope

On June 10, 2021, in light of the COVID-19 pandemic, IAM again took golf from on the green to online! Hosting our second virtual Hole Out for Hope charitable golf tournament, we surpassed our goal of \$25,000 – **raising over \$34,000!**

Thank you to our dedicated and passionate golf committee for leading this virtual event: **Fred Howe, Craig Sindrey and Terry Doyle.**

Thank you to primary sponsors – EXP and Profile Wine Group – for your generous support!



Donor-Led Campaigns



This year, our donor-led campaign – championed by IAM supporters Tom and Ruth Kritsch – raised over **\$151,000 in support of IAM's work!**

We want to express our gratitude for the donors who came together under the rallying cry of **IAM: EMERGING** and whose donations raised over **\$30,000 in support of rising mental health needs** as COVID-19 persisted during 2021/2022. Our sincere thanks to Susan Bigelow, Richard Boadway, Joyce McMurray and Mary-Lou Roder.

This year, IAM was selected as a “charity of choice” to be supported by both corporate and foundation partners.

- For the second year in a row, **ADP** included IAM as a **charity of choice** for their holiday campaign – backing our mental health support groups and counselling program.
- **Youth and Philanthropy Initiative Canada** and students at **Crawford Adventist Academy** selected IAM to receive a **\$5000** donation towards our community support services.

As we embrace our new reality, it is important to recognize that the effects of COVID-19 can still be felt. In 2021/2022, we saw continued recognition from our foundation partners to help us meet the growing demand for support.

- **Our heartfelt thanks to:**
 - The *Dalglish Foundation* for its renewed funding of **\$50,000** to support our counsellors in responding to an increase in complex cases,
 - The *Echo Foundation* who renewed and increased their funding to **\$62,500** in recognition of COVID-19’s impact on our work, and
 - The *Graham Burton Foundation* who, once again, renewed their funding of **\$15,000** for our caregiver supports.



Our corporate and foundation funders also saw the **importance of community education and access to timely information** – as the *Georgian Bay Club Foundation* and *AbbVie* supported our community education. With their support, we covered topics such as financial planning for the future, getting through the holidays and improved sleep and self-care tips.

Our Advocacy



Advocating for people and their caregivers who are impacted by the most complex and stigmatized mental illnesses is at the core of what we do. In the past year much of our focus has been on responding to the increase in demand for mental health support.

At IAM, our **advocacy is fuelled by our goals of getting timelier supports to people, raising mental health awareness and effecting systems change.**



In 2021/2022, we tirelessly advocated for an array of critical changes and issues impacting thousands of Canadians, including:

- Access to medicines
- Funding for community-based mental health support
- Potential pan-Canadian formulary
- Prison reform



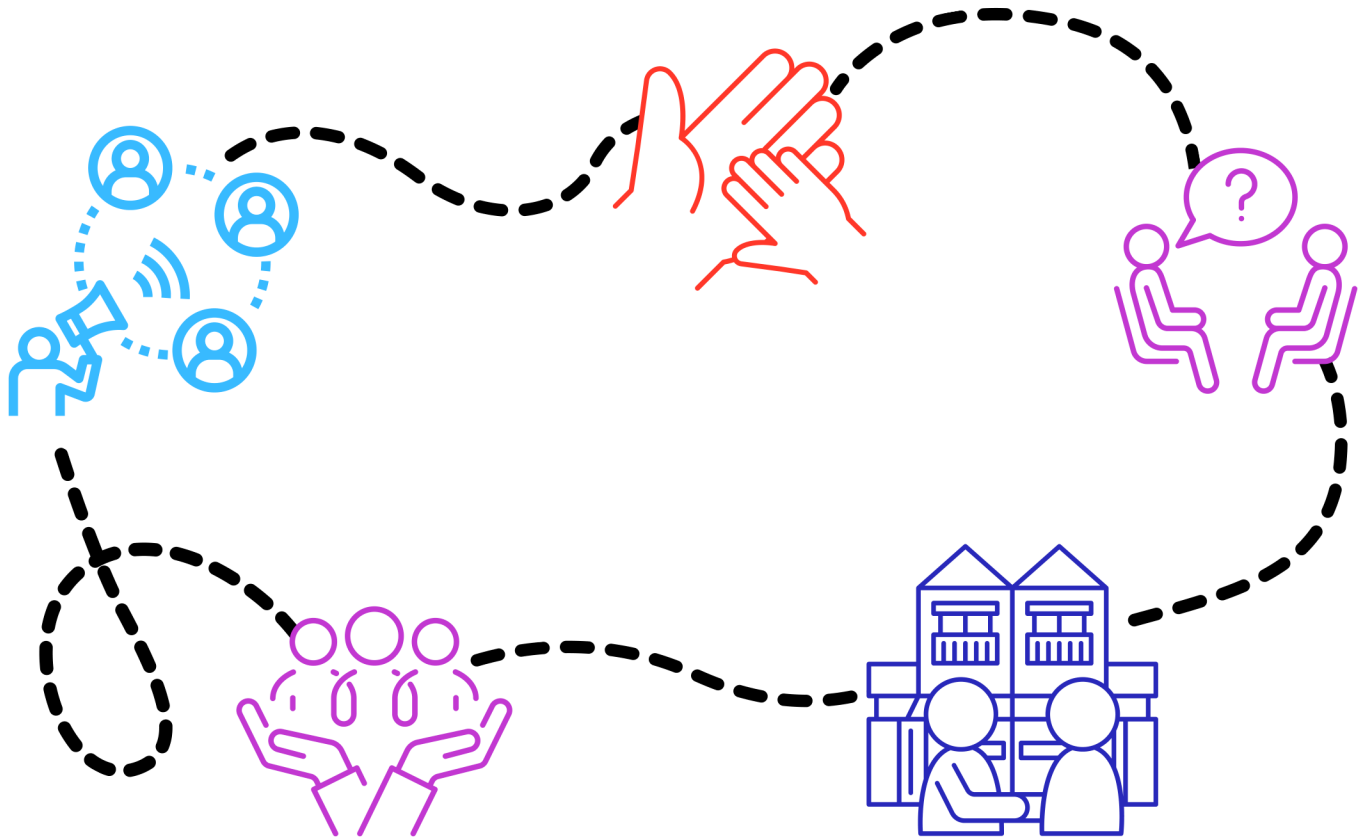
This year, our advocacy continued to drive change.

- **Developed two submissions** with input from individuals with lived experience, as part of the *Canadian Agency for Drugs and Technologies in Health's* (CADTH) Reimbursement Reviews, to **encourage the public reimbursement of new antipsychotic medication** for schizophrenia and bipolar disorder.
- IAM highlighted that **mental illness is not "one size fits all"** and the importance of individuals being able to access a variety of medications. CADTH, unfortunately, will not be reimbursing this medication for schizophrenia; IAM continues to advocate that this decision is **overturned**.
- Participated in quarterly check-ins on our progress towards achieving the goals in our workplan with the *Mental Health and Addictions Centre of Excellence*. These contacts keep us informed on **developments in the sector** and **opportunities to influence policy**.
- Participated in a **joint submission** on a proposed framework for a potential pan-Canadian formulary, **collaborating with cross-sector, national organizations**. The CADTH-convened advisory Panel would release a report with its non-binding recommendations to Health Canada in June 2022.
- Our collective advocacy, which also includes the tireless work of numerous other justice-sector partners, has **yielded encouraging results**, including **prohibiting the use of solitary confinement for inmates with mental illness** and the eventual mandatory human rights and anti-racism training for all corrections staff.

- Developed a **first-ever social media campaign** targeting candidates in the 2022 provincial election to **raise awareness of prison conditions and the health and mental health needs of incarcerated persons**, as co-chair of the IAM and John Howard Society of Ontario-led Correctional Reform Coalition.
 - Appeared in the social media feeds of **2327 accounts** – on IAM’s social media platforms alone!
 - IAM continues to build on this campaign to further engage provincial politicians; **raise awareness and drive change** to improve outcomes for incarcerated persons.
- Working with the Refugee Law Office, granted intervener status in a case of an individual facing deportation with the aim to **highlight the mental health gaps that exist within our immigration system** and work **towards effecting legislative change**. Though the Department of Justice offered to settle, we are hopeful to be able to advance this position in the future.
- With critical support from key collaborators, such as the Mental Health Commission of Canada, we’ve laid the groundwork to effect meaningful change in mental health with the launch of **IAM’s *The Future of Mental Health Report***. Moving into 2022/2023, we’re going bold, working to **implement the recommendations** in this game-changing report, focusing on the corporate sector as a key partner in redesigning society for better mental health.
- Participated in the **2022 provincial pre-budget consultations**. Our submission highlighted the **need for investment in mental health innovation at the community level**, considering serious mental illness in mental health investments and increased direct funding for community-based mental health services.
- A member of Research Canada, nominated **two researchers to present at upcoming Parliamentary Health Research Caucus events**, to share their game-changing health research and innovations that promise revolutionary change in health care.



A Future for Everyone



We have big ambitions for the future – starting with highlighting the **importance of social inclusion – improving the terms on which people are able to take part in society** – which is imperative for creating a better society for all. We are advocating for **increased investment** in community-based support as well as **funding evidence-based interventions**, such as cognitive behavioural therapy for psychosis.

We will continue to grow our standing as a reputable, trailblazing leader in mental health. As well as increase our reach nationally by securing an audience with the federal government to **influence policy** and **generate more support** for mental health research.

New Ideas for a New Reality

We believe that through fostering innovation, internally and externally, we will create better, more accessible and practical solutions that can change the lives of thousands. We know that every individual is unique – with distinct experiences necessary to consider when developing new and effective ideas and solutions.

We're taking a human-centred approach, starting with the insights of the people we serve, listening, and understanding what it is they need and want from us. Through this approach we try to understand the experience of people living with mental illness and their support networks and create solutions to the everyday challenges they face.

Your Toolkit

In 2019, IAM received funding to explore and find solutions to the problem statement: *How might we improve the experience of an individual with mental illness at follow-up appointments with their physician?*

Your Toolkit is a project aimed at improving clinical appointments for individuals with psychosis and schizophrenia and is entering its third phase with continued funding from Janssen Inc. Phase Three will allow us to move our prototype to final product, share our process and learnings with our community and generate vital feedback from other mental health agencies, clinical points of care in the community and/or client support groups, among others. With future funding, we plan on creating a digital version of the toolkit to increase accessibility, meeting the preferred online consumption needs of the people we serve.

I like the idea of bringing the journal to the appointment - using it as a way of summarizing your thoughts and concerns over the week. For those who don't want to share, they can at least have something they can refer back to and track their progress.

- IAM Client



Scholarship Program

With the support of our funders, IAM assists the academic pursuits of students across Ontario living with schizophrenia and psychosis through our scholarship program – one of Canada’s **only** multi-partner bursary programs. Supporting both higher education and practical academic opportunities, our scholarship program has awarded **more than 100 students** a total of **over \$250,000** since conception and we will further that aid into 2022.

The future of the scholarship program is bright. With the onboarding of our **first youth committee member** – Chelsea Meldrum, mental health advocate and lived-experience speaker – IAM is fostering our 2022/2023 goal of **focusing on youth and improving their mental health supports.**

We’ve listened to you and have made **changes to our application process to ensure a smoother process.** We have worked to make the program more user-friendly – condensing the terms and conditions section and improving our data collection, both with the goal of better understanding impact and remaining engaged with our recipients. We would like to thank *Otsuka* for their generous increase in funding for 2022 – allowing us to continually improve the program, helping many more reach their educational goals.

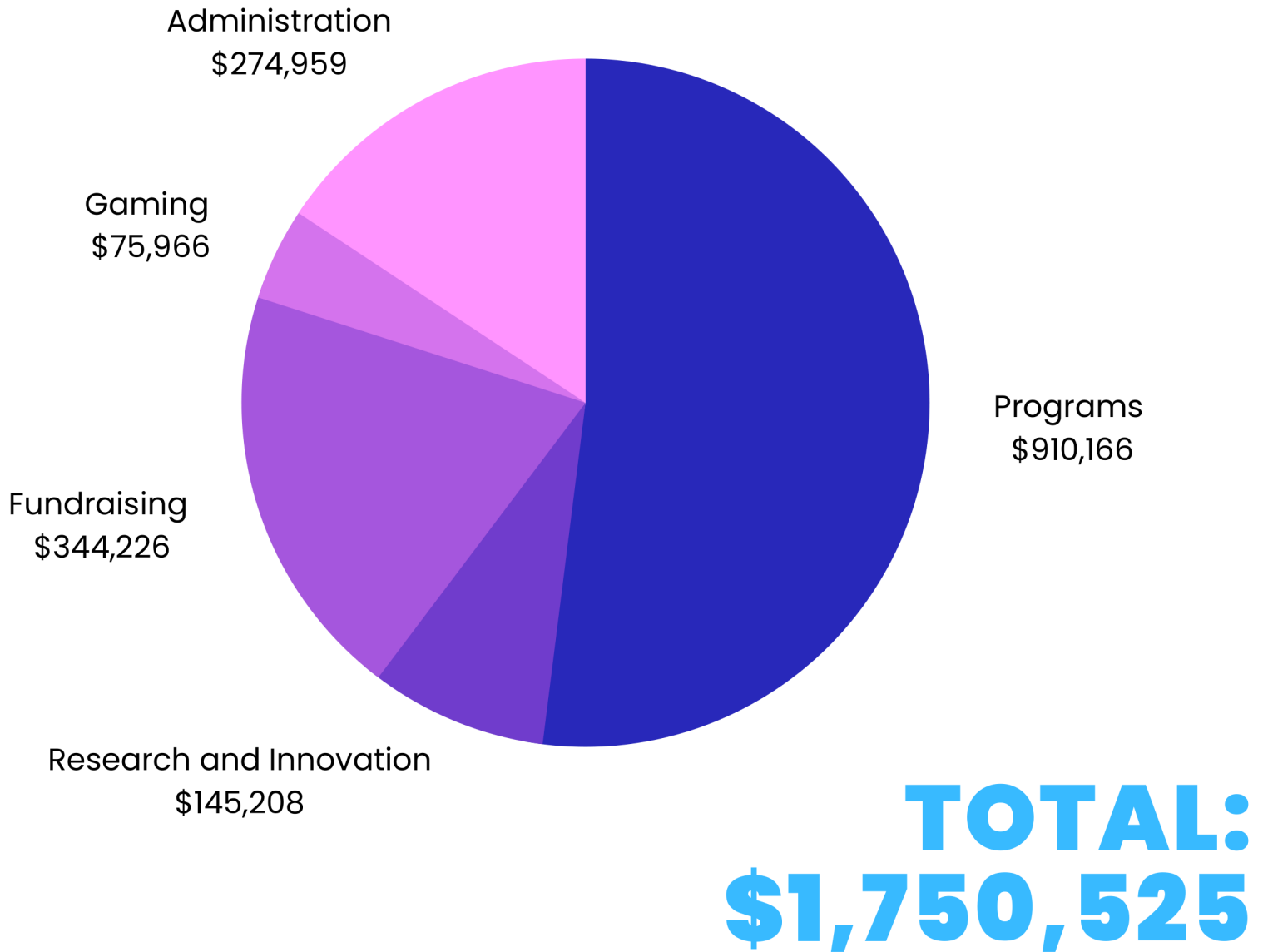
When supporting our young son living with schizophrenia, it's easy to feel alone. It's thanks to IAM that we are able to connect with a wider network in the community. Through IAM we are also able to attend caregiver workshops, providing us with practical tools to reduce feelings of anxiety and depression, as well as CBT sessions delivered by world-leading expert Dr. Douglas Turkington – learning effective techniques and strategies that we actively apply in caring for our son.

- IAM Supporter



Our Financials

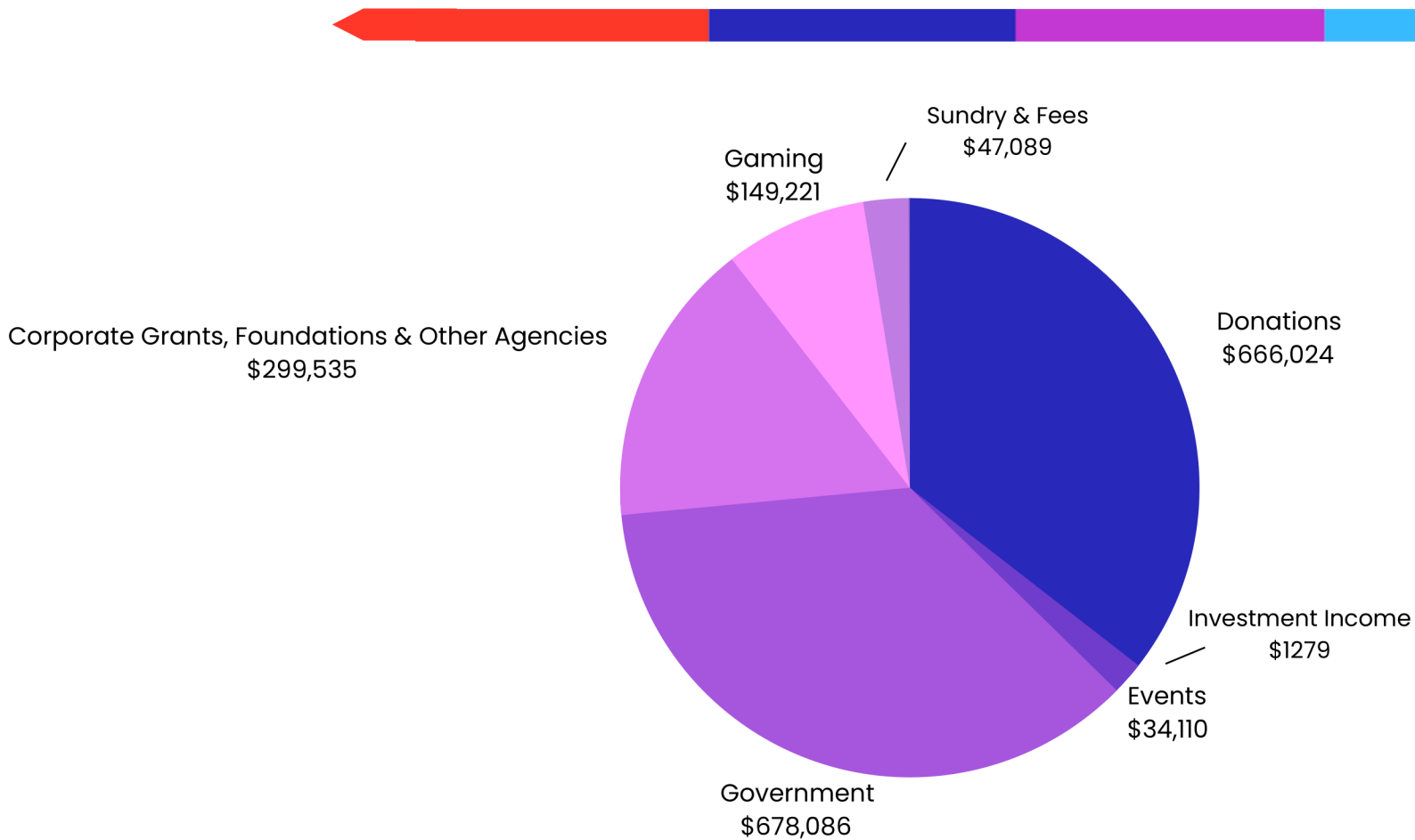
Where Our Money Goes



We're focused on creating an inclusive society in which people impacted by mental illness can thrive. We do so by offering and developing up-to-date and effective programs, such as our support line and community education, so the people who turn to us can have better outcomes.

Our Financials

Where Our Money Comes From



TOTAL:
\$1,874,785

At IAM, it's our community that keeps us pushing forward.

Less than 37% of our funding comes from the government - and in the past year, we received \$23,000 less than the previous year. Our mental health crisis continues, but funding for effective and efficient solutions is flatlined. It's due to the generous support of like-minded individuals and groups that we can continue to provide a place for ideas to grow and solutions to be accessed.

Thank You

To Our Generous Donors!

Donations
made from
April 1, 2021 to
March 31, 2022

It is with the support of our donors that together, we are making a difference in the lives of many – redesigning society for better mental health for all.

\$100 - \$999

Anonymous
Babak Abadi
George Alderson
Jennifer Allen
Eduardo Alzamora
Ethel Archard
Cynthia Bailey
Eleanor Baker
Eric Baron
Avita Baskin
Nicky and Frank Beaudette
Jo-Anne Berlinguette
John Bernard
Andree Bichon
Robert Biderman
Kathleen Birney
Monica Bolland
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